

2020-Eckhart-Tolle-Conscious-Manifestation-Aligning-with-One-Universal-Intelligence-Online-Course part 3 of 3

[Speaker 1] (0:00 - 5:38)

Egoic sense of self completely, it dissolves. The ego dissolves. And all that's left then, there is a luminous sense of presence.

And this is something that I call and has been called in other spiritual traditions, you die before you die. You die to your egoic sense of self. And you realize the essence of who you are is not the body and the essence of who you are is not even not the mind, the thinking mind.

The essence of who you are is the consciousness that you are. And then the ego dissolves and consciousness remains. And that means all fear of death disappears also because you've died already.

And by dying to your fictitious, ultimately fictitious sense of self that everybody lives in, that's the egoic sense of self and realizing yourself as consciousness, then your illness has been the greatest blessing possible because it has brought you into that flowering of consciousness. That is the grace that's hiding behind what looks like a very negative event, but it can become, and I believe it is already becoming for you a doorway into awakening, complete awakening. And once the complete awakening is there, it no longer matters how much time you have left.

It becomes irrelevant. You don't need, if you have more time, it's fine. You say, oh, that's nice.

If you don't have more time, it's fine too. I have already died to my egoic sense of self. So I have already experienced that death.

Whether I have time, more time or not is irrelevant to me. If I have more time, yes, it's lovely to have it. And it's fine not to have it too.

We all, everybody who is listening to this, myself, you, everybody who is here with us, in a few years, we're all going to reach that point of death is coming. Everybody in a few years, it doesn't matter whether it's in two years or in 75 years, it's not that much that passes very quickly too. In a few years, everybody will reach this point of you can see death approaching.

And then, and some people, they're not prepared. They're not ready for it. It becomes a dreadful thing.

If you're not prepared for this, they get completely devastated by death. Whether death happens to somebody close to them or death, they can see death approaching, their

own death approaching. It's the most devastating thing.

They've never given it any consideration whatsoever. And that's awful. One of the most important things a conscious civilization should teach people is how to live and how to die.

They go together. They cannot be separated. In order to learn how to live consciously, you have to learn how to die, to die to your egoic sense of self.

So what is happening to you, it's enabling you to go through this process of death consciously. The other people might die in an accident or they die suddenly, or they lose their mind completely for several years and then they die. But it's a great privilege to be able to face death consciously.

It's a wonderful opportunity. So your practice needs to be, your daily practice, and it's no longer even a practice, it's your way of being every day is to be absolutely present and step out of thought as much as possible and just be in the body, in your breath. Every cell of the body is alive with presence.

That's all you have to do. There's nothing else to do. You can't even call it doing, but just the language is limited.

So that's all. And then the deepening, you deepen and deepen and deepen, and then you're already, you die before you die. And whether or not the death of the so-called death of the body comes soon or sooner or later, no longer matters that much.

It's an opportunity for awakening. Life has given you this opportunity and you're already using it because obviously I'm talking to you, you're already engaged in it. And I can see in your eyes, I can see that it's already considerable amount of presence.

It is already happening and it deepens. So it's actually, it's a wonderful thing. And I just, I'm completely with you in this and I've done it.

[Speaker 5] (5:38 - 5:41)

Yes, I'll do this every day.

[Speaker 1] (5:41 - 5:42)

Yes.

[Speaker 5] (5:42 - 5:45)

And I promise you, I'm gonna talk to you next year.

[Speaker 1] (5:45 - 5:46)

Thank you.

[Speaker 5] (5:47 - 5:49)

Yes, I'm gonna be here again.

[Speaker 1] (5:49 - 5:51)

Yes, it is a blessing.

[Speaker 5] (5:52 - 5:52)

Yes.

[Speaker 1] (5:53 - 5:54)

It is a blessing that's happened to you.

[Speaker 5] (5:54 - 5:57)

Thank you, thank you so much. Thank you so much.

[Speaker 3] (5:57 - 6:01)

Thank you. Thank you, Yumi.

[Speaker 5] (6:02 - 6:03)

Thank you.

[Speaker 3] (6:05 - 6:21)

Eckhart, another written question here for you. How can we, in a non-egoic way, help our loved ones awaken? Even if we're not fully awakened ourselves, can we help our loved ones?

[Speaker 1] (6:24 - 15:32)

Yes. As long as you don't have the idea in your mind that you are helping somebody to awaken. To have the idea in your mind that I'm going to help you to awaken would become a great obstacle to awakening.

So you awaken, also, if you have the idea in your mind, let me help you to awaken, then there's also the danger that this idea becomes incorporated into your egoic sense of self, because the implication would be that you are superior to the other person. So letting go of the idea that I can help you, that's the first step. And then the greatest help is whenever you are with this person or people, person, whoever they are, family members, the greatest help is for you to be as present as you can.

As present and as non-reactive as you can. So, because just as the unconsciousness, a very unconscious person can infect, so to speak, other people with their unconsciousness in the same way, but in a positive sense, the state of presence can spread or be transmitted to others if you are present, but it doesn't happen if you have this idea in your mind, I'm transmitting presence to you, because that ego has come back in, come through the back door. If you have the idea, I'm so present that I'm going to transmit presence to you, or if you're telling somebody that you are going to heal them or whatever it is, don't do that, it's the ego.

However, the state of consciousness that you are in at any given time is the greatest teaching and you don't have to necessarily say anything. So, whether or not, let's say it's a family member, whether or not a family member recognizes that you are no longer the same person that they knew 10 years ago or 15 years ago, is secondary, it could be that they say, oh, you're not the same anymore, what happened to you? Or maybe they don't see it at all, Thanksgiving is coming up, so many people have the opportunity of coming together with family members and for some of them it's challenging, for quite a few people it's challenging because there's so much past that you share.

And it could be that you might have gone a complete transformation in your consciousness, but whether or not other people in your family or whoever recognize that, we don't know. It could be, and it's not uncommon that people have such a rigid image of who you are in their mind, conditioned by the past, the image of who you are is so deeply lodged in their mind that no matter what transformation happens to you, they won't see it because all they relate to, they relate to you through the mental image they have of you. And that mental image may not have changed in 20 or 30 or 40 years.

So they don't actually ever see you, they only relate to you through the mental image that they have of you. So you don't expect them to recognize that you are present necessarily, may not happen. The important thing is that you are present and you are non-reactive, so you're no longer coming from ego.

You may not be completely free of ego, so you may not be able to sustain it all the time, that's fine, but as much as possible, you practice, especially when you realize you're meeting people with whom you share a lot of past and perhaps a lot of emotions that come from the past or grievances, resentments, whatever it may be. So the greatest teaching is your state of consciousness that somehow will affect other people, not always, not necessarily, but there is a good chance that it will have some effect on others. As long as you don't, I cannot emphasize enough, as long as you don't have the idea that you are doing something for them or to them.

There's a line in the Course in Miracles says, a healer does not heal, he lets healing be. Now, healing is used here in a wider sense, not just healing of a physical condition, but healing of the entire, the mind, the unconscious mind. The healing is the awakening.

So a healer does not heal, he lets healing be. So it's not, you are not doing it. Something may happen through you, but you allow presence to be there.

Then another question is then, there may be rare moments when there's something that you can say that you can, that is conducive to presence or some realization. And if you're present enough, you will know when the moment is right. For example, when there's a true question that the other person is asking, the other person may be asking, what do you mean by that?

When you might have made an innocent remark or something that maybe it's, maybe you say, I don't know what is, surrender or something, but maybe not, it's too spiritual. Breathing or feeling the inner body or feeling the life, aliveness in your hands, that's not spiritual. So it's not too risky.

And then they may ask, well, what do you mean by that? And then perhaps you can say a few things and then they may or may not respond. So at times there may be something helpful that you can say, or if they're in deep suffering, there may be something you can say, but very often better than giving some kind of advice is asking the right questions.

So that often the answer may come through that other person because you asked the right questions. Never come from a place of, I know, and you don't know. That's sometimes the people who begin to awaken spiritually, get the ego comes back, comes through the back door, and then the ego tells it, I know something, I'm going to tell you how it is, and I'm going to tell you what you need, all that is spiritual ego.

The idea that I know something that you don't know. So that is not helpful. And mostly there will be resistance and the other person come up very quickly and then you get into an argument.

And then you will try to convince them that you are free of ego and present. And that would be the most amusing argument possible. So sometimes you may be able to say, or ask the right questions so that person can arrive at their own realization.

So these are ways in which help can happen. Presence can transmit itself, so to speak, but you are never doing it. You step out of the way and something may happen through you, but you are not the doer, you are not doing it.

Then that can be of great help to the other person's awakening.

[Speaker 3] (15:36 - 15:46)

Eckhart, we have one final question, which is going to come from a live caller, Nelly from Puerto Rico. Nelly, welcome.

[Speaker 4] (15:49 - 15:50)

Hi.

[Speaker 1] (15:50 - 15:52)

Hi, Nelly. Hi.

[Speaker 4] (15:53 - 16:07)

Hi, Eckhart. I want to manifest a harmonious relationship with my family. Yes.

I have been able to practice presence in difficult situations at work.

[Speaker 6] (16:08 - 16:08)

Yes.

[Speaker 4] (16:08 - 16:29)

But when I'm dealing with family members with whom I have a long history of resentment, I'm not present. I can feel their resentment and although I observe what is happening to me, it's almost like I'm choosing to be unconscious.

[Speaker 1] (16:30 - 16:30)

Right.

[Speaker 4] (16:30 - 16:44)

After the interaction is over, I often feel guilty for not being able to remain conscious. Right. Can you recommend a specific practice I can use in these situations?

[Speaker 1] (16:44 - 24:48)

Oh, right. Okay. Well, you're already halfway there.

Halfway there already, because in the moment when it happens, you know there is an awareness there. It's not strong enough to free you completely from being controlled by these conditioned patterns which are part of the ego, but the awareness is there in the background. They're in the background.

So the thing is that it's interesting that you said it's almost as if choosing to be unconscious and that's a true remark, but one thing that's not correct about it is not that you choose to be unconscious, the ego in you chooses it. So the ego in you, because it needs those patterns, it needs to perpetuate patterns in order to survive in you. So the ego actually needs the unconsciousness.

It chooses the reactivity. It loves the reactivity. But the ego in you, in the background, you are there in the background and the ego is in the foreground.

So you could start, for example, by after something like that has happened, you describe where you become unconscious and you react and then afterwards you feel guilty, which is also the ego, by the way, because the ego loves guilty. So after something has happened, you could replay in your mind what this person said and then responded that, you replay it and so you become very much aware of how your unconscious reactivity but the energy will be less because it's only a memory in your mind now after the, and then when it's just a memory in your mind, then the awareness can be there more strongly because it's not actually happening now. It's not as strong.

And then you can replay the same and in your mind with you being very conscious as you played, how would you have reacted or responded to what this person said? You have been completely conscious. How would you, then you can see, oh, you have a little Buddha there behind you.

Or that little Buddha, what would he have said or not said? How would he have reacted or not reacted? Because the little Buddha is you, that's the awareness in you.

Buddha is not the Buddha statue that we have there. I don't see a Buddha statue as representing a person who lived 2,500 years ago. The true meaning of the Buddha statue is a state of consciousness.

The Buddha is a personification of the state of presence or awareness. The Buddha is awareness. So the Buddha is in you.

And so if you ask, what would the Buddha have said in this particular case, then really you get in touch with your true self, with the awareness, you as the awareness. And if you do that a few times, in other words, you become conscious retrospectively after you've lost it. Oh, there, I lost it, but instead of feeling guilty, let's go through it again.

And then the awareness will grow. And then you go into a same situation again, when perhaps it's the same person, because after a few years, you know the usual thing that usually creates a reaction and you know exactly the patterns, how they operate. And then you say, okay, I'm going to meet this person again now.

But my main purpose for meeting this person now that I can remember whatever it is, known for 30 years, whatever it is, my main purpose for meeting this person is spiritual practice now. Nothing is, everything else is secondary. What you talk about with this person is secondary.

You might be discussing this or that, it's secondary. It's fine, but your primary purpose for being with this person is to help, to allow this person to keep your presence, because this person is there to make you conscious. The entire world is here to make you

conscious, not to make you happy.

This person is not here to make you happy. This person is there to make you conscious. The world is not here to make you happy.

The world is here to awaken you, to make you conscious. How does he do that? He does that by making life difficult for you until you're conscious.

You have to confront the problems of the challenges of life are there to awaken you. And if they come in the form of this particular family member or whatever it is, then that's absolutely ideal for you in that moment. So that's the whole purpose of being here.

Your life needs to be made difficult so that you awaken, and then it's no longer difficult. It might still be challenging, but it's not really difficult anymore. I mean, if you want to strengthen your physical body, let's say you want to become stronger.

How do you become stronger? You have to make life difficult for the body. How do you do that?

You have to lift a weight, for example. It's difficult. You have to lift a heavy.

It's difficult. The body doesn't like it at first, but that's how it gets stronger, becomes a new energy comes in. And this is only on the physical level.

And once you start jogging or you start running, you're making life difficult. It's not a comfort zone anymore. If you want to strengthen the body, you have to leave the comfort zone.

But after a while, the new energy comes in, and then it becomes comfortable to actually be engaged in this physical activity. But at first, it's very uncomfortable. Life becomes difficult for the body.

So you only grow. I'm using just this as a physical example on a physical level, but more importantly, it happens also on the level of the awakening of consciousness. It's all the difficult situations and the difficult people are the best thing that could happen to you if you only recognize that and then use them as spiritual practice.

And part of your spiritual practice is you can actually love them, despite all the quirks of their personality and all the weird things that they do and say. You can sense something that's beyond their personality and love them for that. And that's a bonus of being awakened.

You are able to love these people again. So it's a wonderful practice. Do you celebrate Thanksgiving in Costa, in Puerto Rico?

[Speaker 4] (24:49 - 24:51)

Oh, yes, yes, we do.

[Speaker 1] (24:52 - 24:57)

It's great. Day after tomorrow, wonderful opportunity if you're meeting family members.

[Speaker 4] (25:00 - 25:03)

This time will be extra special.

[Speaker 1] (25:04 - 25:16)

Right, yeah. So it makes you understand what your work is now. Yes.

Yeah. Thank you. Thank you.

[Speaker 3] (25:16 - 26:05)

Thank you. Thank you, Nelly. Eckhart, just one final question relating to our conscious manifestation course specifically.

And I think this is a question that many people have. When it comes to conscious manifestation, I'm confused about the difference between accepting what is and working to change what is. For example, I can accept that humans are behaving in destructive ways towards the natural world, but I feel moved to speak out and help manifest something different and work to protect our environment.

Can you help me understand this paradox in the light of your teachings on conscious manifestation?

[Speaker 1] (26:06 - 35:33)

Right. Yes, yes. Thank you.

Continuously in a person's life, things happen that can be regarded as disruptions. Things go wrong. This happens, that happens.

There's always something that goes wrong periodically. People, for example, people, a person, let's say you're in business, you've come to an agreement with a person and then a couple of days later they call you and they say, no, I've changed my mind. I don't want to stick to it.

I'm not, I'm not, I'm canceling the contract. I've complained about this, that. Just one of countless examples, things go wrong that normally when you're not conscious, it would bring about a state of resistance.

You need to change a situation. The situation is no longer as it should be. And you feel

you need to change the situation.

When you're dealing with things in daily life and in business, something comes in, how do you approach, what kind of action do you take when something needs to be done in order to change a situation? Well, one is you treat the situation as something that is, you consider antagonistic. It's a kind of enemy.

Then if the person who breaks the agreement in business or something suddenly becomes your enemy and then you have an enemy and you're fighting the enemy or you start complaining about what a person said or did or failed to do, but should have done. All these, instead of aligning yourself with the situation and saying, oh, the situation has changed. What can I do now that the situation has changed?

Instead of doing that, you make the situation into an enemy, whether it's a person or an event or the enemy can appear in many different forms. So the unconscious way of living is to make a person or situation or group of people or event into an enemy. And then you'd start fighting and you take action in order to change the situation, in order to remove the enemy or whatever it is that you want to do.

And that is action that arises out of state of resistance. It is more effective and 100 times more powerful to, instead of converting people or situation into enemies, immediately see, accept that this is how it is. The person has broken the contract or the person now, suddenly he wants more, I'm taking an example from business, could take hundreds of other examples.

We had agreed on this particular price. Now he wants another higher price. What's happened?

And you can complain about this person. You can shout at him and say, you are dishonest. Instead you see what is possible in this situation, perhaps talking to him, perhaps simply withdrawing, say, oh, it's not, it hasn't worked.

Or you have a conversation, you use the situation instead of fighting it, you align yourself with the situation in the same way that a martial arts practitioner, perhaps the greatest secret of Eastern martial arts is not to oppose the enemy, but to use the force of the enemy's attack and turn it around so that you're not opposing anything or anybody. So you yield in order to win, you yield. And then you can, the very same energy, you can turn around and it's not aggressive, but it's very powerful.

So in any situation that you feel it needs change, what is the state of consciousness in you that gives rise to the action that you feel you need to take? Is it a state of antagonism that you're fighting something or someone, or does it come from a state of, this is how it is? What is possible now?

So the key word is, this is how it is right now. The situation has changed. I'm no longer

comparing, well, but yesterday it was like this and it shouldn't have changed, but it has changed.

Now the situation is like this. What can I do now? Of course, yes, you need to take, so acceptance of what is, does not mean you're no longer capable of taking action.

It means the action can actually be more, much more empowered than before, because you're no longer treating a person or situation as an enemy. So you're no longer reactive. If you are reactive, you're also, the action is not, there's no, wherever any wisdom, when you're reactive, there's complete absence of wisdom.

You may be intelligent. What you say is, okay, you may be very clever. You say, okay, now I'm going to show him that I can be more clever than him.

I'm going to do this, this, this, and this. Okay, you can be clever. You can have a limited intelligence that we call cleverness.

You can apply that, but there's no wisdom. And usually the results, you can solve one situation with cleverness, but the solution, your solution brings about two or three more problems that weren't there before. You solve one problem with this particular type of action, and then you create two or three more problems out of that.

So this does not happen when you are, when you are, when the action comes out of the state of alignment with the present moment, then it is powerful. It becomes, well, first, a truly intelligent action. By truly intelligent, I mean there's wisdom in it.

That's truly intelligent action. Because by being aligned with the present moment, you are in touch with the, I call it the deep eye, as I call it sometimes, the depth dimension within you, which is the source of all creativity, the unconditioned intelligence in you, you're in touch with that. And the action can be truly intelligent rather than reactive.

If we want to use semantics, you can be, if you're coming from reaction, you're reactive, that's ego, or you can respond. You can respond that is intelligent in the sense of wisdom, or you can react, which comes from the ego, it's in itself, you have an enemy, you have enemies. The person mentioned, the questioner mentioned climate change.

There's something here that requires action. The question is, are you creating enemies? Are you making this large section of humanity into an enemy and you're fighting them?

Instead of taking positive action, see what is out of the positive things that we can do, rather than that, you are, the ego loves to be right and make others wrong, that you will simply, you're not making a world into a better place by being reactive and by having enemies. So the conscious person is capable of taking powerful action, but he or she has no enemies, and that's vital. And then, enemy in a wider sense, enemy can be a situation, or a person, or whatever it is, or a group of people.

The conscious person has no enemies and if you have no enemies, you can take much more, your action is much more powerful, much more empowered and truly intelligent.

[Speaker 3] (35:36 - 35:43)

Thank you, thank you, Eckhart. Can we end in some shared silence together?

[Speaker 1] (35:44 - 36:44)

Yes, yes, thank you.

[Speaker 3] (36:45 - 36:57)

Thank you, Eckhart. Thank you for this beautiful course on conscious manifestation. Thanks everyone for being with us.

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[Speaker 1] (37:20 - 1:53:26)

So to some degree, if you live consciously and the practice of manifestation techniques could be, but doesn't have to be, a small part of it or a larger part of it, living consciously will greatly enhance the quality of your life, make relationships more harmonious. Probably also your body will function better and you activate certain elements powers that can be very helpful. Helpful, you may find that helpful things happen once you are committed to a certain course of action, wanting to create this or that, and you perhaps speak those words to empower your manifestation, take corresponding action.

Don't go into negative reaction when obstacles appear, then something happens that goes beyond the things that you yourself do and initiate, which is the action, the words, and so on. Something in the universal consciousness comes to help you, and this happens sometimes through just the right thing happening at the right moment, just the right person appearing to solve a problem. Synchronistic events, these tend to happen quite a bit, not to mention, we had it earlier on, we talked about it, not to mention touching an energy stream that is powerful, but you initiated it, you created it, you had this aim, you took correct action, correct manifestation, words, correct aim, and then suddenly it becomes empowered.

There's far more power than you yourself could ever generate, so power that you can, it's a little bit like, it can happen, but it doesn't have to happen. When it happens, fine, be grateful, but it may not happen, or it may. It's like riding on a huge wave, like a surfer riding on the crest of a wave.

And so these are people who have achieved great things, often have said it's a little bit like that. An energetic wave, again, that has its own challenges, as I believe we talked about it before. The greatest challenge being if what you do is being supported by huge

influx of energy, bringing about helpful events and so on and so on, and huge amount of, reaching countless people that is usually involved, the greatest danger there is that the ego claims that it did it, and then it'll go to your head, and that will be the beginning of a rapid end.

So what is, so some people who practice some craft, music, it may be writers, composers, it can happen when you're totally focused and you do it for a long time, these people may never have read any spiritual book or may never have practiced any manifestation techniques or anything like that, so it's not, and yet suddenly what they do becomes incredibly hard. So that could happen to you, but if it doesn't happen, you can still have a very pleasant life experience by living in a conscious way. And again, remember, not putting undue expectations upon the world.

Satisfaction is derived from within you here and now, the true sense of beingness or presence, and you can be, you can do without losing yourself in the doing because there's always a sense of beingness or presence in the background. Now, it can happen that people who are into spiritual practice and so on develop the erroneous idea that now that they practice manifestation, that they can control every aspect of their life and their life experience, but that's not the case. No matter how great a master you are at conscious living or conscious manifestation, it does not mean that you are in control of every aspect of your life.

Life is multidimensional, and no matter what you achieve or do, I sometimes call it the script writer in the sky who is infinitely inventive, will surprise you always. You're not, nobody is in total control. There will be unexpected events.

There will be unexpected losses. There will be things happening that you can't explain. There will be, you will experience the polarities.

You cannot escape the polarities. The more you emphasize one polarity, especially if you go to an extreme, let's say you want a life that is, I want total order in my life. I want everything to be ordered.

I want all my schedules in order, my relationships with people, my home situation, everything is controlled. And my garden is all, everything is clipped and looks park-like and there's order in everything in my life. I'm in total control.

I'm the master of the universe. Even your dogs don't misbehave anymore. And then don't be surprised if you take it to one extreme, you will experience, and to some extent, you will have contributed to the arising of the opposite extreme, which of course, the opposite extreme to order is chaos.

And you will experience somewhere in your ordered life, suddenly the eruption of chaos. And you'll be totally flabbergasted. That wasn't meant to happen.

And then you say, I failed in my practice. I need to practice more. No.

You were deluded into thinking that everything could be controlled. You can be, you can guide your life in the right direction. You are not in control.

In many cases, very, very often what you think is best for you may not be best for you. And if you actually create what you think is best for you and suddenly it collapses and maybe only retrospectively, you realize that the collapse of that which he thought was best for you was actually a much better thing. You had to experience a collapse in order to go deeper.

It brought about a shift in consciousness or deepening in your realization. So don't be a control freak. Don't delude yourself into thinking that you can control the whole thing.

And stay in the middle. Life unfolds between the polarities of order and chaos. If you had continuous order only, whether it's in a person's life or in the life of a country, you would create the other polarity, chaos.

There have been and there are countries that have such a dictatorial government that there is very little crime and everything seems to be very orderly. And yet, usually they don't end well. And usually, sooner or later, chaos erupts.

To eliminate all crime, of course, the government would have to become the criminal, as was the case under National Socialism in Germany. There was relatively little crime compared to now. Of course, the government itself was responsible for the crime, so then they didn't need the criminals.

North Korea may be a bit similar. Soviet Russia might have been similar. So don't be afraid of some chaos when it does come.

You have to experience, and this is not bad. It always means something dissolves and to make room for something new, to be engaged in conscious creation through applied power of human consciousness is something relatively new, although Jesus obviously talked about it, but I don't think many people actually understood for the past 2,000 years what he meant when, for example, when he said, when you pray for something, believe or feel that you have already received it and it will be given to you.

I don't think people really understood what he points to, what that means in your consciousness, but we begin to understand it now. And the ability to create consciously as a co-creator with the universe, because the universe itself creates countless things, how it does that on the unseen, it is very complex. We don't know what happens as the emanation that comes from source brings about the manifold phenomena and life forms in our universe, what is underneath the surface, the energy fields, that create form and that's the universe.

And now humans can now begin to realize that they can also create through application of their mind. They can create, participate in the creative process, but this cannot be fully realized until or unless the human ego subsides, because the ego is a kind of dysfunction within the human consciousness, the collective consciousness. And as long as the ego is there, the ability of humans to bring about better things through conscious creation is greatly diminished.

One thing is for sure, and that is that we are living at a time of crisis, which at the moment looks like a regression, because there's an enormous amount of unconsciousness manifesting in the political situation in many countries. And you can see it in the media, the mainstream media, you can see it on the internet. Where this is going, it could be the beginning of a regressive movement.

In other words, chaos. The Western countries and some other countries in the East also have lived in relative order since the end of the Second World War, with a few exceptions. Almost excessive order in some countries where life became just very easy, but also empty.

Just consumption, pleasure, not no depth dimension anymore to life. And so it could well be that a period of collective chaos or disorder will have to be experienced. And if that is the case, it's a necessary prelude to the arising of a new order.

But in the meantime, it's important for us to stay conscious, even while things enter a state of disorder or chaos, not to get drawn into that so that we can hold the frequency, so to speak, collectively, we can hold the frequency of presence, even while the large part of the world is experiencing disorder or chaos. Be careful that you do not absorb unconscious collective thoughts from the media and the internet. It's hard to see how manipulated everything is these days, unless you are really careful.

And then you believe everything you hear in the news, but what you see in the news is one perspective, and often it is a limited and distorted perspective. I listen to the news every day for a little while because I just want to know what's going on. It's interesting.

And I usually listen to news from several countries. If you only listen to news from one country, you may get a very limited view. You get at least other perspectives on situations.

And you can have a certain detachment and stay present and be, if you participate in the discourse that happens, the collective public discourse that happens through countless avenues on the internet, online, then really make sure that your communication is an expression of consciousness, that it's conscious, your statements are conscious. It's easy to get drawn into unconsciousness through reactions. You can see how easy it is if people are meeting in one room.

There's a meeting, let's say there are 10 people present, and one person is very unconscious. And this one person starts shouting and accusing and so on. It's very easy for one person to pull everybody else to a lower reactive level of consciousness.

And before you know it, the whole room erupts. So stay conscious. Affirmations.

If you want an affirmation or a manifestation, words to use to remind you, it's not so much a manifestation technique or an affirmation, but a pointer that reminds you to be conscious, I recommend something like, this is actually taken from Jesus, Jesus' words, so that you don't forget who you are. If you forget who you are, obviously you're lost. I am the light of the world.

That's a beautiful, I don't know whether to call it an affirmation, but it is a useful reminder or pointer if you know what it is, what that means. You need to know what that means. And what that means is when Jesus said, there are two quotes I can give you from the gospels what Jesus said.

He said, you are the light of the world. And in another gospel, he says, I am the light of the world. So you are the light of the world.

What does that mean? What is that light? What could that be?

Does it mean you're very special? No, because Jesus was talking to very simple people. His disciples were not special, not educated or had social positions.

They were simple people. And yet he said to them, you are the light of the world. So if they were not special, what did he mean?

Obviously he meant the light of the world is that which illuminates everything, that would make, that which brings everything into existence, one could say, which is consciousness. Imagine this room or wherever you are without your consciousness or anybody's consciousness. Is there still a room?

Is there still a table? Is there still a ceiling, lights? No, of course not.

One could say, well, maybe there's still molecules and atoms floating around, but they don't constitute a table or a chair or because it needs an organizing, perceiving consciousness that then interprets certain configurations of molecules and atoms in a certain way and perhaps even creates certain combinations of molecules and atoms. So you are the light of the world means you are the consciousness of the world. That's the essence of who you are.

The consciousness of the world emanates from the source of all life in the same way that the light emanates from the sun. So this consciousness emanates from God, God, not in the traditional sense, but in a transcendent sense, God not as an imagined big daddy,

but the transcendent divine dimension, the intelligence, the inconceivable, source of all life that continuously gives rise to continuously emanates and wants to create. And so we talked about it earlier.

So what you sense as your consciousness is not your consciousness, it's the universe's consciousness. And when you can feel yourself as a light of the world, that's your consciousness is that light that makes your sense perception possible, that makes your thinking possible, that makes your feeling and emotions possible. That is what this consciousness is in Buddhism.

It's called the unborn, which means the unmanifested. In other words, it does not exist. It itself doesn't manifest in this world, but something emanates from it that creates the manifestation of the universe.

And you are that emanation from God's emanation. In other words, there's a continuity between you and God in the same way that there is a connection, a continuity between the light of the sun and the sun, the light of the sun is continuously still in contact with the sun, or in itself, you couldn't say it is the sun, but it is and it isn't. So you couldn't, you could say, I am God, but that would not be quite right, but you are an emanation of God and the essence of who you are is that.

I am the light of the world then, that's what it means. And you can use that as a reminder because otherwise you might begin to believe that you are a person and there's nothing else to you except your personal history and a little bit of future. And you could believe that as the mainstream, our mainstream culture still does, that the universe is purely a chance creation with no intelligence behind it whatsoever, with no purpose.

It has come about purely by chance, it means nothing. And you yourself, this is a belief that started with Darwin, have you myself have come about through just chance accumulation of atoms and molecules. And that's a delusion.

And it brings you to nihilism. And if we don't get beyond that and realize that although evolution is probably the case, in that sense, Darwin was correct. There is an intelligence that drives the evolutionary process.

And that intelligence is the consciousness, is ultimately God. And God is not an entity. It's not a controlling entity.

God, people say absurd things like, well, obviously there is no God because there's so much suffering. And if God is omnipotent and otherwise, if he's not omnipotent, then there's no God, but he doesn't end the suffering. He allows the suffering, maybe even creates it, who knows, but he doesn't put an end to it.

And therefore it means obviously there is no God because if there were God, he wouldn't

allow all this suffering. That's a very limited view of God as a controlling father figure. He's sitting at a control board and pulling all the strings, or he refuses to pull the strings, but he could.

But no, God is the life in every life form. God is incarnated in every life form and is gradually coming more fully into this dimension with your help. And that is the step in human evolution where you can facilitate this, not because ultimately it happens through you.

It's always a question of whether you say, well, do I have a choice? Do I have free will? Well, from one perspective you do, from another you don't, that's fine.

We don't need to go into that now. All you need to remember is you can live consciously as much as possible. And as a last thing, important to emphasize, even if you never practice any of these manifestation, practices, if you could only do one, remember one thing that would change your life.

And this one thing is to practice gratitude, gratitude for whatever it is, gratitude for the breath that you're taking at this moment. Gratitude does not necessarily involve words. It could involve words.

It goes through your mind and says, thank you for this moment. Thank you for the breath that I'm, but then that you would need lots of words if you do that. Some people do it.

I thank you for this lovely water that's in this glass that I'm going to drink now, and then you can drink it and be thankful. Thank you for the sky, the clouds. Thank you for anything, the carpet, how the light reflects off the table.

Thank you. But you don't have to actually say it to be gratitude. You don't need to say it anymore.

And then gratitude becomes something else. It's not so much a thank you because people ask, well, doesn't that imply that you are thanking someone or something? And they say, Buddhists have said to me or people who don't believe in God, how do I practice gratitude?

Because I don't believe that there's a God. So if I don't talk to God and say, thank you, who am I saying thank you to? Well, if you're a Buddhist, well, you could say thank you to the Buddha, but that is not quite right either.

Buddha is not a God, although conventionally he's treated like a God. So then the attitude of thankfulness or gratitude really is the giving of attention briefly and your attention rests upon something and you appreciate its beingness. If it's a man-made thing or a human-made thing, you might even think of the humans that made that thing.

And so you appreciate how it came here. You don't even have to, you don't have to think conceptual words to do that. I can look at, I can look at even the phone, I can look at this and I can appreciate, I mean, it is a miraculous thing.

In itself, it's neither good nor bad. It can have all kinds of repercussions, but it is miraculous. There's no doubt about it.

It's been human-made. People made, people designed it and people made it and put it together and you can appreciate it. So it's not only something that is a means to an end, but it's also something that you appreciate from what it is.

And there's always a moment of stillness when you appreciate something. You appreciate its existence. So that is basically still gratitude, but without any words.

And that appreciation is extremely important and occasionally you may still have the words arising in your mind as some kind of affirmation. Thank you for this. Thank you.

All the words may not be there anymore. And the more you, and that means you acknowledge the good in your life, and there's a lot of good. If you listen to what's happening on the media, listen to CNN for four hours a day or five, it's hard after that to acknowledge the good that's around you.

So acknowledge the good in your life because it's everywhere. And if you acknowledge the good and appreciate it, that you open yourself up to more of it. More good comes into your life when you acknowledge the good.

That is a secret that is, I don't know how many people know that. It works always. So if you want to just do that as a general practice in your life, then that would change many things.

Continuously acknowledging the good. And now it always requires a moment of no thought. When your attention rests upon something, to acknowledge the good, there needs to be a moment of no thought when your attention, which is consciousness, rests upon something.

You can look at it or you can feel it or sense it. And then, you don't even need the words in your head anymore. Just a moment of just attention.

And then you know that it is good without having to formulate the word in your mind. That's a very powerful practice. And you'll be amazed how much you find that's around you.

No matter where you are, that is good. Some things will be natural things that are good. The tree, the flower, the blade of grass.

Other things will be man-made, human-made things. Humans have made it. It's a

miraculous thing.

Some objects involve many humans before it gets to you, and they all made it. And it's wonderful. Gratitude.

Power, very powerful manifestation. So you don't need to even think of, what do I want and what do I need? Many things will come to you with just the attitude of gratitude, of appreciation.

And just see if you can help transforming the otherwise insane online world, the internet world. Let's see if you can, if you participate in it at all, and most of you probably do, if you can transform it into something that is helpful for the evolution of consciousness instead of a regressive movement. Because a lot of it at the moment is regressive, destructive, toxic.

So let your contribution be a conscious one. So the words you formulate when you post something, don't create an absurd manufactured image of yourself on Facebook. Be honest.

Don't live through a mental image, as many people still do. A mental image of me, the righteous one, the morally superior one. And then you make your toxic comments about all the others who are morally inferior to you because they have a different opinion.

Very unconscious. So that could be part of your practice too. You change the world by, you might just, who knows, maybe you put occasionally positive affirmations there, whatever it is.

Or how your life is changing through the practice of presence. Have some compassion towards others, allow others their opinions. Don't confuse somebody's mental position with who they are.

Don't confuse your opinions and viewpoints with who you are. When somebody questions your opinions or viewpoints, don't react as if they had been attacking you. Don't be identified with mental positions.

Be the consciousness. I am the light of the world. So our aim is to manifest the more harmonious, more sane life.

It begins with your personal sphere, and then it spreads out. And things spread easily these days, much more easily before. They can spread within seconds.

So a conscious person can use the media and spread a message of consciousness. However, even if you didn't use the media, it is true that any person that awakens will affect the collective consciousness of humanity to a small degree and make it easier for others to also awaken. Even if that person never spoke about it, it would still be true.

So we have various ways in which consciousness can be disseminated. One is the way it does it naturally through the underlying collective consciousness of humanity. And then it does it through the new technology too.

I wish you well in your practice. And you may want to share with others how it's going. It's helpful to be in touch with others who are also engaged in living more consciously.

Hopefully. We have some related questions, so I'll answer them as one. How do you suggest one find balance and maintain presence regarding current political issues and situations that seem so dangerous to freedom and humane policies, both for our presence and when interfacing with others?

How to deal with that within ourselves and when relating to others? And one or two similar questions, for example. Any tips for how I can be a good citizen who does her part to stand against social and environmental injustice while simultaneously staying true to my own awakening and my need for tranquility?

There is a, what I've been talking about just now, and this, there's a relationship. When you communicate with others, let's say about political situation or whatever it may be, we communicate verbally or in writing or just have a monologue in your head. People have monologues in their head.

This is normal. The important thing to avoid so that ego doesn't come in is again, to make other human beings wrong, to make wrong who they are. I'm not talking about what they do, but to make wrong who they are, there is a difference.

You can criticize what a person says or does, but if you then use whatever this person says or does and say that is his or her identity, then you've created an enemy in your mind and that is a dangerous thing to do because it strengthens the unconsciousness in the collective energy field and produces a corresponding reactive effect in the other. And then there's a mutual strengthening of that and that leads to huge conflict. And you get more and more trapped in your ego and in being right.

So if you can take action and communicate, take action without having your sense of self invested in it so that you point out your perspective, you explain it, you substantiate it, you illustrate it, this is how I see it, this is how the situation is, this is what we need to do or be careful of, all this is fine. You can attack another person's point of view or perspective without attacking who that person is. You can attack because that is the, and you attack it by presenting, by showing that it is not right and presenting an alternative so that your communication is not just pointing out what in your view is wrong, but also suggesting an alternative so that there is the positive and negative both coming in.

It's extremely satisfying to the ego to make people wrong and entire groups of people

wrong. So you have to be careful with that. But you can only really, the prerequisite for being able to do that is that you need to, and here we come again to the foundation for it all, for conscious living and conscious doing.

The foundation is that you derive your sense of identity from that deeper place of consciousness, of presence. You are the awareness. You are not the thought.

The thought is fine, but if there is self-seeking in the thought structures, that means you are identified with your thoughts, which being identified with your thoughts means seeking your sense of self in those thoughts. So then when you present your opinion or your viewpoint, you are so identified with it that anybody who even questions, not even attack, anybody who questions your viewpoint or perspective is, and this is unconscious, deeply unconscious, ego, anybody who questions your perspective or viewpoint, which you don't know is a perspective or viewpoint, to you it is the absolute truth because you're identified with the thought. Anybody who questions it will be regarded as somebody who is attacking who you are. He is actually an enemy, your enemy.

And this is the essence of unconsciousness, to be identified completely with your mental positions. Instead of, but how can you not be identified with your mental positions if you have never known the deeper place within yourself where your true identity resides? So I cannot even tell, if you tell somebody, don't be identified with your mental positions and your thoughts, your perspectives, your viewpoint, don't mistake them for the absolute truth.

They don't know what you're talking about and they can't do, what do you mean? That's all there is. So the foundation for being able to use your mind consciously instead of being used by your mind, which is the essence of unconsciousness, the foundation for that is be, find out who you are in the essence of your being.

And that is here and now, the consciousness that you are, the awareness, the presence. That's what's left when right now you don't remember your history. Right now you don't remember even your name, unless I ask you, you're not thinking your name, no, okay.

So you can be yourself without remembering your name. And if I don't ask you about your history right at this moment, you probably don't remember any of your personal history unless you go there, you have to retrieve it in your mind. But you don't need it now.

Now, does it mean you cannot be yourself now? Does it mean if you don't remember your telephone number and your email address and your personal history, you can't be yourself? No, these are just things that are added onto you.

But even without remembering any of these things, I don't remember my email address, I don't remember my name, I don't remember my history even, but in here I am sitting

and perceiving, and I get, can you still, can you feel yourself? Can you feel the essence of you right now without the memory of you? Yes, in fact, you can feel it more strongly, but you cannot define what exactly that is.

You can sense this inherent presence that you are, and you can sense it, and that inherent presence is the same whether you are a huge success story in the eyes of the world, you are a big VIP and a celebrity, there may be one or two here, not that it makes much difference here, or you may be somebody who has failed in everything that he or she has done, a failed career, three failed marriages, many other failed relationships, bankruptcy, gone to prison, then come out of prison, then come back into prison, made a mess of the whole thing, total failure, and yet in the moment of not remembering your history, that sense of presence is exactly the same as that sense of presence of the VIP who has a big success story. That is the unconditioned consciousness, the presence that frees you from your personality and your person. And that is, and also connects you to a much vaster intelligence, the intelligence that underlies the entire creation that is behind everything, the organizing principle behind the physical universe, the intelligence that gradually expresses itself more and more into this world.

The light, I call it the light of the source, like the sun, the sun shines its light into this world, the sun is the source of the light. Now the source of the world, we could call, if God means anything, then God is the source of all life. And of course, the source of all life has no location in space or time, obviously it's not somewhere in the universe God lives, God is transcendent to the universe.

It is the source, God is the source of all life in the same way that the sun is the source of all light. And so the relationship between your consciousness, which is not your consciousness, it is universal consciousness expressing itself through you, the relationship between that consciousness that you are and the source is the same as the sun and the sunlight. So the consciousness in you is the light of the source.

Or God, shine. And that is the source itself, you cannot know, it is totally beyond anything that you could possibly even understand or think about. And yet you are an inseparable part of it in the same way that the ray of sunlight is an inseparable part still of the sun.

And yet the ray of sunlight would be both right and not right in saying, I am the sun. If the ray of sunlight says, I am the sun, in one way it is true, but in another way, it is not true because the sun is so much vaster than the ray of sunlight and yet it is an emanation of the sun and it is eternally connected to the sun. It is always one with the sun.

So as you know, there have been mystics in various traditions, in Sufism, for example, it's not uncommon, mystics have said, suddenly they realized after they went through their dancing, the mind stopped completely and presence arose. And of course they lived very simply and they came to that realization of their essence identity. And then they

said to others who did not have the realization of their essence identity, they said, I am God, I realized it now, I'm God.

This was not well received. And many of them did not survive for long after that. So I don't recommend it either, although you probably won't get killed, but they will send you to somebody to see someone and be given some pills.

So that is the foundation is to know who you are, then your mind, you can use your mind in a way that is actually very effective, but it's no longer egoic. It's not no longer in the service of ego, it no longer becomes the ego. The unobserved mind is the ego, the human ego.

There's just the mind, it does what it does and you think you are it. So the foundation for it all is consciousness. Becoming conscious here and now, conscious of what?

Usually when you read about consciousness in normal discourse, it's always raising consciousness. You read about it in newspapers and so on. They talk about raising consciousness, but it's always raising consciousness about what?

So it could be raising consciousness about the environment. It's a good thing to raise consciousness about, yes. Raising consciousness about certain political situations, raising consciousness about certain injustices here and there, it's all very good.

But more fundamental is raising consciousness, period. Not talking about raising consciousness of something that comes secondary, raising consciousness of consciousness. And so this is a little strange, almost paradox, but you all probably know what I'm talking about.

Not knowing conceptually, but know in the essence of your being, what it means when I say become conscious that you are conscious or we can use the word aware. Be aware that you are aware, be aware of awareness. Be aware of awareness.

Be conscious of consciousness. Be conscious that you are conscious. Sense your consciousness, which is not yours.

I just call it yours. As promised, I checked the news this morning. So that you don't have to do it.

And I didn't find anything extraordinary. But as I was reading, I got inspired to share with you the first, well, it's not extraordinary, to share with you the first news item today as a spiritual practice. And for this reason, I brought this device.

The good thing about it, it saves trees, which otherwise would be used for newsprint. So what I'll share with you is a very brief news item, which was at the top. If I read it to you in a normal way, it would take 30 seconds to read, but I'll read it to you in a different way

so that it can become a spiritual practice.

Listening to it can become a spiritual practice. And that is with lots of spaces between the words. And the spaces between the words and sentences, while they happen, I'd ask you, as part of your spiritual practice, to pay attention to the silence in this room.

Because the silence in this room is ultimately, one could say, what makes the sounds possible. If there were not silence in this room, there could be no sounds. And as you know, I mentioned yesterday, and you probably know it already, both conceptually and from your own experience, that when you pay attention to external silence, immediately there's inner stillness.

So that's one way of accessing inner stillness is to notice when it's there, to notice external silence around you. Once you are able to connect with inner stillness, you no longer need silent conditions around you, although you might welcome them when you encounter them. It's lovely.

But you could be still in the midst of traffic and a shopping mall and a noisy restaurant, because most restaurants these days are noisy. I don't know if it's the same here. It's hard to find a restaurant without loud music.

Because people who are identified with a mental noise actually become very uncomfortable with silence. And so you have, in some places in North America, or elevators, some of them even have music playing, and some elevators not only have music, they have a TV screen too. So while you're ascending or descending, you're not condemned to having to suffer this dreadful silence for a few seconds.

You can continue to clutter your mind by watching the screen and continue in your state of habitual hypnosis. So to be able to listen to something and then be aware of that dimension, the underlying dimension, ultimately, of course, it's consciousness, the formless dimension, so that you don't get totally drawn into a hypnotized by the world, the mind. And by doing that, you bring sanity into this world.

Now, the news item I'm going to read is it could be regarded as funny, it could be regarded as potentially terribly, terribly serious, it's a mixture, but no matter what perspective you have on it, whether it's funny or potentially terribly, terribly serious, it is important that you connect with the transcendent dimension. Otherwise, you contribute to the lostness, if that's a word, the lostness of the world. The world is lost.

Humans are lost, lost in their minds, lost in crazy, compulsive, habitual mind patterns, collective mind patterns. So even if it's serious, it's very important to be aware of the transcendent dimension. And even if it affected you, it's particularly important to be connected with that.

And then you no longer, you become free of fear by being connected to the stillness

within, which is more than that. We just, it's one of the words we can use to talk about it. So be as interested in the words that I read, be as interested in the silence, noticing, listening to, being aware of the silence in this room, which ultimately is the stillness within you, because only with the stillness within you can you be aware of outer silence.

So be as interested in, so to speak. It's not the right word because silence is not interesting. It's deeper than interesting.

Only things that you can dissect and think about are interesting. So the news item may be interesting. The underlying silence is not interesting.

There's a vast depth to it, but it's as uninteresting as the most spectacular sunrise or sunset. You go, wow, but nobody says, oh, that's such an interesting sunset. Let's think about it.

What can be so interesting, this sunset, isn't it? No, you don't, because when you respond to beauty, some vast beauty out in nature, you don't approach it with a thinking mind, because the moment when you really are overwhelmed by some grand spectacle in nature, your mind stops and awareness remains, and you go, ah. And you might not even know that for a few seconds or half a minute or 10 seconds, your mind stopped.

And only in that moment was that true response. Something within you resonated with that, and you are not thinking. So all those things are not interesting because interesting operates within the realm of thinking.

So silence is not interesting. So when I say be more interested in the silence, it was a wrong choice of words. Be more focused on, be more aware of the silence than the words, but you can take in the words, but have the two dimensions in your consciousness, form and formlessness.

And of course, we are doing it now with a news item, but it could be anything else in your life. We may come back to that. Okay.

So as I said, it's a very short item, but I'll read it slowly. So you pay attention to the spaces around the words. Kim says, deranged Trump shows need for a nuclear program.

I need to mention that. This Kim is not to be confused with the, not to be confused with the conscious Kim that was sitting here talking to you this morning. This is the, probably the unconscious Kim.

So there are two, at least two Kims in this world. Kim Jong-un has said remarks by deranged US president Donald Trump have convinced him his right to develop weapons for North Korea. In an unprecedented personal statement, Mr. Kim said, Mr. Trump would pay dearly for his recent speech to the UN. The US president said on Tuesday that if America was forced to defend itself, it would totally destroy North Korea. Mr. Trump also

mockingly called the US and Mr. Kim, a rocket man on a suicide mission. North Korea has been testing missiles at an unprecedented rate and conducted its sixth nuclear test, despite international condemnation.

North Korean foreign minister, Ri Yong-ho, who had earlier compared Mr. Trump's speech to the sound of a barking dog, has warned that Pyongyang could test a hydrogen bomb in the Pacific Ocean in response to the US president's threat. So maybe we have heard enough for today. Oh, no.

A tweet came in just after I read this from the president himself, which said, Madman Kim Jong-un will be tested like never before. End of tweet. No doubt this latest tweet will excite the people in CNN's Situation Room and they will talk about it excitedly for half an hour.

You can see how important it is to bring sanity into this world.

[Speaker 2] (1:53:37 - 2:20:06)

You're connected to something deeper, something much more divine and real. For all things old shall pass away so the new can arise, birth and death. So we gave birth to the ego and now we allow that to die so that that new state of consciousness can now give rise and create a new earth.

So as you listen to these words, as you sit there and listen, make it a receptive listening where your whole body and just not only your ears, but there's a listening quality because that listening quality is you speaking to yourself. It's the reminder that we are consciousness, that we are the evolution, the next evolution of consciousness on this planet. No judgments to what is old because that old too was in us.

But then as we grow in this consciousness, we realize that there is then this compassion because we see and we've gone through the old and fully experienced it. We didn't turn it away, we didn't turn our back on it, but we saw it, we see it in ourselves, we went through it and fully going through it. And this is why some of this pain body that we may experience now isn't a bad thing because once we actually go through and clear out the pain body and we do it ourselves because nobody's gonna do it for us, you have to do it yourself, compassion then arises because then we can look at the unconsciousness that's really happening in almost every human being and have compassion, wow, yeah, I know, I've been there. And yet hold that space of consciousness because as a human being, we have no control in turning this all around, but the one life, the one consciousness is turning it around and it does so at its own pace and in its own time.

But then the mind will go, oh, but yeah, I wanted to hurry up or it needs to change, there's gotta be something I can do. Yes, there is something that you can do. When you're in stillness, that stillness will be doing it.

That stillness will be the movement, the action that you will take to transform this world. But the only way to access it is in yourself, is in you, is that to find that connection to be that stillness, to breathe in that stillness, to sit in that stillness, to walk in that stillness, to lay down in that stillness. Every single moment is your opportunity that you can choose stillness or choose the egoic mind.

And it's always your choice. Consciousness has the patience of eternity, but we have a choice. And that choice, because you're here today, your soul is already calling you home to consciousness, to that state of stillness, to begin the actions, the thoughts, the words, the speaking, the movement from your essence, which is consciousness.

So let's, for a few minutes, go into that state of consciousness even deeper. Sitting upright in your chair, your feet firmly planted on the floor. Your hands could be face up or face down on your lap.

The crown of your head lifted towards the ceiling. Feeling your sit bones on the chair, closing your eyes. Become aware of your breathing.

Become aware of your body, the sensations in your body. Noticing whether there's any tension, any tightness, any pain. Just let that go and relax the body and just feel the sensation.

So let go of the label and feel the sensation. The occasional thoughts may arise, but just notice it. Don't need to follow it or hang on to it, just let it go.

Let it pass through you. Emotions arise, allow them to just arise and pass through you. Just letting go of all concepts, including the concept of time.

Because time is man-made. It's in the mind. In the true reality, there is no time that exists.

It's timeless. It's the eternal now. Let go of the concept that you're in Costa Rica, for that too is in the mind.

There is no Costa Rica, there is no China, there is no Canada, there is no United States and so on and so forth. That too is a concept in the mind. There are no boundaries, except the ones that we create through the mind.

We're aware of external sounds. Here we are aware of breath. We're aware of other body, the sense perceptions.

Sound. Become aware of your inner body. The life force within.

If you can't feel that, just feel your hands for now. Ask yourself, how do I know I even have hands? And just feel the sensation.

So all this that we're aware of, the breath, sensations, the inner body, thoughts, emotions, sounds, aware of the world of form. Now turn your attention deeper in to the attention of awareness itself. Who or what is aware?

Seeking refuge in that inner stillness. The stillness, the consciousness which is infinite, eternal. This is the kingdom of heaven.

This is your home. Keeping connected to this state of consciousness that we call stillness, amidst the world of form, of your breathing, of your breathing, sense perceptions, inner body, sensations of the body. The two, form and formlessness, arise together in your awareness, in consciousness.

Life, which you are life, can only be found in the present moment. Not in thoughts, not in yesterday, not in tomorrow, but here now. You can gently open your eyes and thank you, thank yourself.

At times, spiritual practice calls for periods of self-isolation, a time to reflect, reconnect with being, the deep eye, an opportunity to reset our body, mind and spirit, and reimagine a new way of being in this world. How do we reemerge back to the present moment? How do we reemerge back into the world and do the things our being wishes to bring into manifestation without losing presence?

This meditation may help you stay connected with being while doing. At some point in the meditation, we will do a presence through movement practice. Begin by sitting comfortably with your eyes closed.

Connect with being with stillness. If there are any emotions lingering within, take two or three deep breaths, exhaling with a sigh. Let go of your emotional body and all thoughts.

Sensing stillness, surrender time, past and future. Be completely in the present. Slowly open your eyes, look at the image on your screen.

Look around the room while keeping some attention within. Perceive the objects in the room without labeling them. If you have a flower or a plant nearby, look at it, sense its aliveness.

Let's go on to a movement practice. Please stand up, get a glass of water or any small object from across the room. Something that will take a half a minute or so to bring back to where you are seated.

Please do this now. Reflect on your movements. If you lost presence, at what point did you lose it?

Were you thinking or were you free of thought? If you remain present during the exercise, congratulations. At some point, you may practice with more challenging

situations, such as talking with friends or family.

In your daily life, you can practice presence through movement, starting with simple things and gradually go on to more challenging situations. It's of course easier to practice being while doing with the simple things first. Let's try the exercise again.

Connect with being first. When you sense inner stillness, stand up and get another object. Keep some attention within.

Don't give all of it to the outer world. Find out if you're able to perform this action without adding any thought to it. Please begin now.

Reflect, how did that feel? What was your experience? Let's go back to closing your eyes.

Sense deeper into stillness, being aware of your essence. Be aware of form and the formless consciousness at the same time. When you are ready, slowly open your eyes.

Enjoy practicing presence. Through movement in your daily life.